



NEWS IN A "HEARTBEAT"



PenMRC Volunteers to date = 311 Approved Level 1, 2, 3 Recruitment continues: Christopher Newport University; Hampton U.

THANK YOU to volunteers who served or trained in **December**: Larry Barclay, Leah Cassada, Fran Doyle, Adrienne Gibson, Brandon Killian, Vivienne McDaniel, Jaclyn Politzer, Brenda Sarno, Claudia Spurill, Dr. Sam Tate, Donna Terry, Alexis Upton, and Sharon Wiggins.

19 Volunteers Provided 51 Hours of Service; 41.50 Non-Medical and 9.50 Medical and were sent 2 VVHS Alerts

Events and Trainings for December 2012: Community Health Workers Diabetes Training, BP Screenings at Warwick SRO, Peninsula MRC Orientation, & ICS-100.

Updating your profile information for 2013, is the first line of business that we would like to do prior to the beginning of the new year. Throughout the year we lead such busy lives and tend to forget to edit personal information as it changes. Have you moved, changed jobs, retired, received a medical license, had a medical license expire, received an updated CPR card, completed an ICS course, changed home and/or cell phone numbers? Please email, fax, or call Julie.Segor@vdh.virginia.gov, 757-594-8612-fax, 757-594-7811-phone and send her the updates. Please take this time before the holidays get into full swing to send your new information because when a disaster strikes we want to be able to notify you immediately for deployment.



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>

Peninsula MRC Volunteers provided 6 BP Screenings in December.

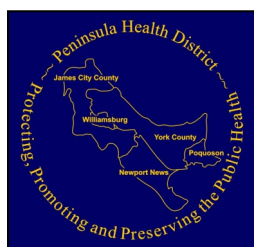
ICS-100. If you have not completed and turned in an ICS-100 certificate to PenMRC, please take care of that by going to <http://training.FEMA.gov/EMIWeb/IS/IS100.b.asp>

This course only needs to be taken once either in the classroom or on-line. Classes are offered once a month (watch your VVHS alerts), but the on-line course is available 24/7.

Failure to complete these items could mean that you will not be selected to deploy for disasters or other non-emergency events.

Celebrating Successes: We are planning a Volunteer Awards and Recognition program Saturday, February 2nd, from 10am-2pm, the location is the Peninsula Health Center in Newport News. It's going to be a "Pot Luck" lunch with several activities. This is a time to celebrate our successes as a unit and attempt a look into the crystal ball to and learn more about the Peninsula MRC vision for the new year. Please keep a look out for alerts coming from VVHS for this event and don't forget we are evaluated on volunteer response rate so you will need to click "available" or "unavailable".

On behalf of the Peninsula MRC we wish you and your family a happy, healthy, and prosperous holiday season!



www.ReadyHamptonRoads.org

This website provides needs assessment tools for individuals, families, and businesses to use to tailor disaster preparations to their own unique circumstances.

Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts

Volunteers Protecting the Health of Virginia



Contact Information

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Fax: 757-594-8612

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Search/Like 'Peninsula Medical Reserve Corps'

You Tube

<http://www.youtube.com/user/VAMRC>

Please bookmark these websites:

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

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E-NEWS FLASH FROM PENINSULA MRC—JANUARY 2013



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Volunteers Protecting the Health of Virginia